

Khechari Mudra

The Tongue Lock

How to do Kechari Mudra?

1. Sit in a comfortable position. Close the mouth and roll the tongue up to touch the soft upper palate. See how far back it can go. Initially it may touch the hard palate. Keep the tongue there for as long as comfortable. When the tongue starts to become uncomfortable, release it and bring it back to its normal position. Rest it a little and then try again. (This process can be tried even when you are engaged in light activities while sitting and walking.)
2. The above process should be continued and you will be able to hold the tongue on the palate for a longer time.it really does get more comfortable with practice
3. With practice, the tongue will be able to go further back. Some day it will touch the uvula at the back of the throat. With further practice, the tongue will be able to negotiate the uvula and go behind it. (It could take years of practice!!!)
4. There are further stages but you have to be a fully committed yogi to go there!
5. Whilst you sit with kechari mudra do use ujjayi breath if you wish. It is a pleasant experience, but you can just sit with the mudra. If you know shambhavi mudra, you can do that at the same time as khechari mudra.

For advanced practitioners, cutting of the frenum membrane is mentioned in the *Gheranda Samhita*. The tongue is also drawn out and made elongated by applying butter or ghee. This is continued till the tongue is long enough to reach the eye brow centre. This requires the guidance from an expert yogi who is accomplished in the art of *Kechari Vidya*. **Do not attempt it by yourself.**

Benefits of Khechari Mudra

1. Believed to be of benefit to the immune system.
2. It helps to relax the mind and body. Said to help release anxiety.
3. Kechari Mudra is considered the king among all the mudras and is given great importance in all the ancient yogic texts.

Quotes from ancient texts...take with a pinch of salt!!!

The Hatha Yoga Pradipika states:

"When the yogi now curls his tongue upward and back, he is able to, close the place where the three paths meet' The bending back of the tongue is khechari mudra and the closing of the three paths in akasha chakra. The yogi who remains but half a minute in this position is free from illness, old age and death. He who has mastered khechari mudra is not afflicted with disease, death sloth hunger', thirst and swooning." (HYP 8: 36-39)

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The Gherand Samhita states:

"The body becomes beautiful; samadhi is attained, and the tongue touching the holes in the roof of the mouth obtains various juices,... first he experiences a saltish taste, thru alkaline to bitter then astringent, then he feels the taste of butter then ghee, then of milk, then of curds, then of whey, then of hone then of palm juice, and lastly arises the taste of nectar."

(GS iii, 30-32)